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CANADIANS AND HIGH BLOOD PRESSURE

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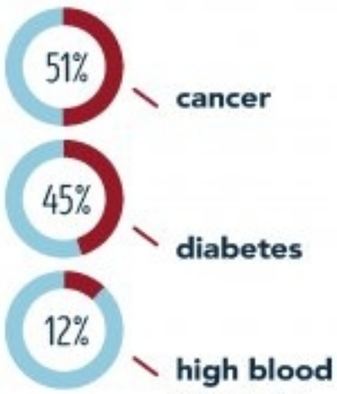

FACT

HIGH BLOOD PRESSURE IS A LEADING RISK FACTOR FOR DEATH DUE TO HEART DISEASE AND STROKE.

The **SILENT KILLER**

AN ESTIMATED **1 IN 6** PEOPLE

DON'T KNOW THEY HAVE HIGH BLOOD PRESSURE.

6,000,000 CANADIAN adults have high blood pressure.

59% of Canadians are concerned they will develop high blood pressure.

FACT

90% of Canadians will develop high blood pressure during their lifetime.

88% of Canadians are aware that vegetables and fruit help decrease the risk of high blood pressure, while **60% attribute the same benefits to milk products.**

FACT

Milk products are part of a healthy diet to help manage blood pressure and your risk of heart disease and stroke.

Most Canadians think that high blood pressure is more common in men than in women.

FACT

By age 60, high blood pressure is more common among women—with more than half of all women being diagnosed with high blood pressure.

Canadians tend to believe that lifestyle is a greater cause of high blood pressure than age.

FACT

The risk of high blood pressure increases with age. More than 50% of people over 60 have high blood pressure.

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Your essential daily news | MONDAY, MAY 2, 2016

High 13°C/Low 5°C Showers

MALIA OBAMA

First daughter reveals her plans after the White House

metroLIFE

DeMar DeRozan shoots past Indiana Pacers forward Myles Turner during round one NBA playoff basketball action on Sunday. THE CANADIAN PRESS

ENRAPTURED

Raptors win second playoff series in franchise history after outpacing the Pacers 89-84 in Game 7

More NBA playoffs coverage, metroSPORTS

T.O. needs to help Syrians suffering trauma: Doctor

HEALTHCARE

Ongoing violence, airstrikes taking toll on mental health

Gilbert Ngabo
Metro | Toronto

As violence intensifies in Syria, one Toronto doctor says the city needs to prepare for incoming refugees — particularly children — suffering from post-traumatic stress.

"What the Syrian people are experiencing is horrifying and it will seriously affect them mentally for a long time," said Dr. Anas Al Kassem.

Al Kassem is part of the Union of Medical Care and Relief Organizations, an international coalition offering medical support inside Syria. The healthcare centre the group operates in Aleppo was bombed this weekend during a renewed offensive by the Syrian government.

The air strikes "completely destroyed" the facilities but fortunately there were no human casualties, said Al Kassem.

It was the sixth time in the past two weeks that medical facilities were targeted by bombings in Aleppo, Al Kassem said.

"It's becoming more challenging to send medical supplies and protect our staff."

Mental health issues are already predominant among patients in Syria and among refugees who arrived in Toronto. Al Kassem said the group has treated over 600,000 cases in the past two years inside Syria, almost half of them children.

"They are showing sings of psychosis because of living through the bombings," he said.

Dozens of Syrians and supporters gathered Sunday at Old City Hall to denounce the ongoing violence in Aleppo and urge the international community to act swiftly to protect civilians.

"I can't believe we're at a day and age where people are still being killed and we keep living our lives as if nothing has happened," said Rand Alkayem, a Syrian immigrant who's lived in Toronto for the past 11 years. "We really shouldn't be living this. Where's the outrage?"

metro NEWS
Your essential daily news

Edible pot may be harmful to children, report says. **Canada**

IN BRIEF

Man in serious condition after weekend shooting

A man was rushed to a downtown trauma centre after he was shot Sunday morning.

According to a Toronto Police spokesperson, emergency crews were called to the Bathurst and London Streets area, north of Bloor Street West, around 6:40 a.m. Paramedics took the man, who is believed to be in his thirties, to hospital in serious condition. Police set up a command post near the scene and are looking to speak with anyone who might have information.

TORSTAR NEWS SERVICE

Councillors call for ban on door-to-door energy sales

After chasing away two men posing as provincial energy sector employees, a Mississauga councillor wants the Ontario government to step in and ban door-to-door sales of things such as furnaces, air conditioners and water filtration systems.

Government and Consumer Services Minister David Orazietti said he's considering the request for an outright ban by some municipalities.

"I am open to working with them to monitor and address these issues."

TORSTAR NEWS SERVICE

New generation, old skill

YARN

Young crafters getting back to basics and learning to spin

Genna Buck
Metro | Toronto

Toronto's young knitters and crocheters are taking a different, much older craft for a spin.

On Friday night at Yarns Untangled in Kensington Market, they gathered around a table piled with takeout containers and craft beer cans to listen as Brenna MacDonald demonstrated a technique that literally dates from the Stone Age: spinning wool into yarn, by hand, using nothing more than gravity and a simple wooden tool called a spindle.

MacDonald, 22, co-owns Yarns Untangled and organized the free meetup to teach spinning — a bona fide crafting craze — because of overwhelming interest from her fibre-arts Facebook group; an offshoot of the stuff-swapping club Bunz Trading Zone.

Spinning is part of "a movement to recover some crafts that have been lost," said Ele Willoughby, captain of the Toronto Etsy Street Team, a group of 1,200 local artisans who sell their wares on Etsy.com.

Spinning disappeared from most homes in the 1800s. According to history author Rebecca Traister, the time-consuming slog, either by hand or foot-powered wheel, was a low-status women's job — hence the term "spinster."

As handicrafts go, it doesn't get more back-to-basics.

"I do work with some fleece straight off the sheep," MacDonald said. "It's really dirty at that phase!"

Crocheter Kate Chiang, who makes custom teddy bears, said she came to the gathering to learn to spinning as an alternative to the mass-produced "Wonder Bread" yarns sold in other stores.

"If you spin the yarn yourself, you get to choose everything: the colour, the texture, the thickness of the fabric, if it's going to be lofty and warm or smooth and sturdy," MacDonald said.

"The slow and steady method is so rewarding. There's something very luxurious about being able to make something beautiful for somebody you love."

Above: Brenna MacDonald, 22, co-owner of Yarns Untangled in Kensington Market, demonstrates how to use an electric spinning wheel.
Top right: The final product: Spun and wound yarns in a variety of natural fibres at Yarns Untangled.
Right: Using a drop spindle, crocheter Kate Chiang, left, tries her hand at spinning her own yarn for the first time. GENNA BUCK/METRO

MAKER CULTURE

University of Toronto economics professor Philip Oreopoulos sees the revival of crafting as part of "a dramatic, ongoing change in the types of jobs people do."

Globalization and automation have resulted in a "hollowing-out," of middle-class jobs, he said. What's left is a polarized mix of low-paying, low-skilled jobs and highly paid professionals — people with an appetite for handmade items that are "unique and cannot easily be reproduced in China," Oreopoulos said.

Young adults entering the workforce are responding to that demand, he explained. "You look around for a way to make your living, and you make yourself a career, with your hands."

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City banks on breakwater to save island

CONSERVATION

Erosion poses great risk to Gibraltar Point

The Toronto and Region Conservation Authority is betting on a breakwater to stop one of the city's most popular summer destinations from washing away.

The Toronto Islands have long been victim to erosion caused by waves and storms but in recent years the problem has gotten worse — stabilization of the Scarborough Bluffs and the creation of the Leslie Street Spit have limited the amount of sand and soil carried by the current to feed the island.

"We essentially started to starve the islands of a source of sediment to sustain itself," said Ethan Griesbach, a project manager with the TRCA.

According to a report from the conservation authority, erosion has been documented in the area since 1879.

"If it's not stopped we'll lose more real estate," said Warren Hoselton, the island's park supervisor. "The trees are what bind the soil. Once you get beyond them to pure sand, erosion happens even faster."

Hoselton said a severe storm in 2004 nearly caused a washroom on Gibraltar Point to tumble into the lake and some "limestone boulders" were placed there to act as "armour" from erosion.

While the amount of land that's washed away varies each year, Griesbach said some studies the TRCA has done show if the damage isn't stopped, Gibraltar Point could be severed in two sometime in the next 20 years.

TORSTAR NEWS SERVICE

The conservation authority plans to build a 550-metre breakwater to protect the Toronto Islands. TRCA/TORSTAR NEWS SERVICE

Humans of Toronto by K. Omar

"My regret would be not travelling more when I was younger, and that sounds weird because I am only 21. But, in this generation, you have to go into work right away, especially in my prospective field. Otherwise you're old, you're used, no one wants to work with you. I have a lot of friends that live abroad because I went to boarding school, and I lost touch with many of them just because I haven't been able to see them. They've all made it here, but I never made it there.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans_of_Toronto on Instagram.

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‘Whistleblower’ calls breath test unreliable

BRAMPTON

Driver acquitted over flawed breathalyzer

A Brampton judge has acquitted a driver who failed a roadside breath test after accepting a former government scientist's evidence that the device is faulty and the process used is flawed.

Defence lawyer Richard Posner, who represented the man, said the judge's findings not only call into question the integrity of the breath testing system in Ontario, but also the reliability of guilty verdicts in many other drinking and driving cases throughout the province.

"This is, in my view, having done impaired and over-80 cases for the past two decades, obviously of great significance because of the systemic nature of it," Posner said.

In Ontario, the maximum legal blood-alcohol concentration for fully licensed drivers is 80 milligrams of alcohol in 100 millilitres of blood. Hence, the charge is known as over-80.

Calling his witness Ben Joseph a "whistleblower," Posner said the essence of his testimony was convicting people for breath readings obtained by the Intoxilyzer 8000C is "flirting with disaster."

The Crown has filed an appeal, and the attorney general will make no further comment because the matter is before the courts, ministry spokesman Brendan Crawley wrote in an email.

Prior to the trial, Joseph studied the historical data and maintenance and calibration records for the breath-testing equipment used by Peel Region police to obtain a breath sample from Gurdev Singh on March 4, 2014.

Joseph said he determined the instrument's history was littered with inaccurate results and other failures. He noted that none of the device's maintenance records explained the malfunctions or what, if anything, police had done to address them.

Ben Joseph worked at the Centre of Forensic Sciences in 2013. He testified recently about flaws in breathalyzer testing in Ontario. TORSTAR NEWS SERVICE

For that reason, no one could have confidence in the reliability of Singh's breath-test results, Joseph testified.

The judge agreed, saying an instrument that is not properly maintained and operated could not provide "complete results," and without an "uncertainty of measurement," the instrument's results are not reliable.

She also rejected the assertion by a Crown expert, Robert Langille, that historical records were not relevant in determining the reliability of the breath result.

TORSTAR NEWS SERVICE

ROADS

Elderly man killed in north-end collision

An "elderly male" is dead after being struck by a vehicle near Avenue Road and Felbrigg Avenue, on Sunday, paramedics say.

Shortly after 8:30 p.m., Toronto Police arrived on scene to find the male without vital signs.

A bystander told Torstar News Service it appeared the man hit was a part of a "family festivity." Many children and family members were surrounding the scene.

Toronto police were asking the public to avoid the area. Avenue Road northbound was blocked at Brooke Avenue for a Traffic Services investigation.

TORSTAR NEWS SERVICE

An elderly man died after he was struck by a car on Avenue Road on Sunday evening. VICTOR BIRO/FOR TORSTAR NEWS SERVICE

PROVINCIAL GOVERNMENT

Online ticket-paying proposal scrapped

Ontario has scrapped a proposal to have people pay traffic tickets online or dispute them outside court. The Liberal government last year proposed dealing with Provincial Offences Act matters such as traffic and minor bylaw tickets through a civil system, known as administrative monetary penalties, rather than criminal courts.

TORSTAR NEWS SERVICE

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Giving voice to youth

Hundreds of Canada's young entrepreneurs and leaders spent the weekend at MaRS Studio Y in Toronto at the inaugural National Youth Leadership and Innovation Strategy Summit. Their goal: To work with government leaders to create a better environment for young people entering an increasingly entrepreneurial economy. These are some of their suggestions. **SHANE PERUSSE** FOR METRO

We need to teach young people how to network and communicate. Without knowing who you are or what you love, you can't go anywhere.

Doronn Fox, 26, Yukon
- Founder of Salazar Youth Culture
- First Nations speaker

I think student representation is tokenized. We need to have more student-led conversations about how we teach and learn in the education system.

Naima Raza, 19, Sarnia
- MaRS Discovery District Fellow
- Student

Universities should be able to exchange resources and allow students to move between them. The first step is to get universities working together and sharing students instead of hogging them.

Rachel Mathis, 21, New Brunswick
- Founder, Invigorate Leaders
- Teaches leadership to Grade 9 students

Introduce entrepreneurial skills early on in education that will help communities adapt local ideas and let young people think of themselves as leaders who can build a better Canada.

Sabrina Tang, 26, Toronto
- Studio Y alumna
- University of Toronto student, clinical engineering

There should be access to STEM-based curriculum at a younger age. K-12 students should be learning skills like coding that will help them with their future interests.

Monica Blaylock, 27, Toronto
- Founder, Monkey and Machine production
- Produces educational content

Groups that support start-ups need to network more with youth policy workers. Young people need that early funding support ... let them see if entrepreneurship is for them.

James Arron, 27, Toronto
- Studio Y alumnus

We need more opportunities and more funding to provide a safety net for young people. The rich shouldn't be the only ones who can experiment and fail.

Bailey Greenspon, 26, Toronto
- Community animator at Samaracanada.com

EDUCATION

Summerlunch serves up nutrition, learning when school's out

More than 160,000 Toronto students have access to free or low-cost breakfasts and snacks as part of a national network of school nutrition programs fuelling learning and healthy eating habits across the country.

But when school's out for summer, those programs go on hiatus, too.

"We all know about the summer learning loss and the need to keep kids on par academically over the holidays," says Susan Wright, a former Ontario regional director for Breakfast Clubs of Canada, one of two national charities that marshal corporate donations for school programs. "But what about the nutrition loss?"

For Wright, the answer is Summerlunch+, a new initiative that aims to teach healthy eating to children in local day camps through nutritious meals prepared and served by area youth.

The program will also offer trips to local farms, where kids will learn more about where their food comes from.

After researching the concept for the past year, Wright is set to pilot the program this July and August in Thorncliffe Park, a neighbourhood with the highest proportion of children in the city, and one of Toronto's most diverse and economically challenged areas.

Tabassum Dana, one of four parent co-ordinators at Thorncliffe Park's school nutrition program, says any opportunity to extend healthy eating into the summer months would be a welcome addition to the community.

"It's a great thing. Food fuels the body and the mind," she says.

Wright has enlisted the volunteer help of Lisa Slater, a trained chef and retail food expert who has worked with high-end organic grocer Whole Foods for the past 14 years, to help source nutritious food at affordable prices.

Wright is hoping to use the staff kitchen at Thorncliffe Park Public School and hire 10 local high school students through the Toronto District School Board's Focus on Youth summer employment program as apprentice cooks to prepare the food. She plans to employ a university or college student studying nutrition or culinary arts through Canada Summer Works to supervise the kitchen.

TORSTAR NEWS SERVICE

Susan Wright and Lisa Slater.
TORSTAR NEWS SERVICE

Edible pot may pose health risks to kids

POLITICS

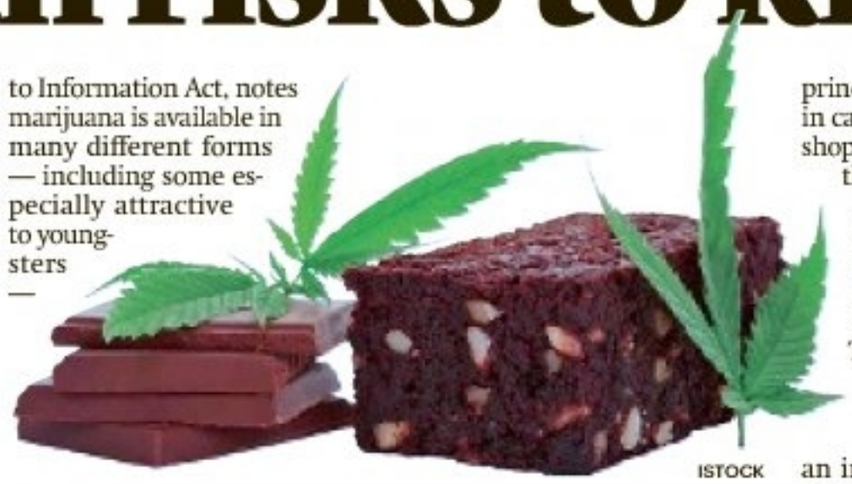
Liberals plan to introduce new marijuana legislation

Bite-sized marijuana goodies such as candies and cookies pose "significant risks" to children who might accidentally swallow them, warns a draft federal discussion paper on pot legalization.

It flags the public safety concern as one of the many obstacles Canada must negotiate on the path to regulating the drug, drawing on tragic lessons from Colorado.

Justin Trudeau's Liberal government says legalizing marijuana will keep pot out of the hands of children and deny criminals the profits of shady, back-alley dealing.

However, the December draft paper, obtained by The Canadian Press through the Access to Information Act, notes marijuana is available in many different forms — including some especially attractive to youngsters —



ISTOCK

in a number of the jurisdictions that have legalized regimes.

The Liberals plan to introduce legislation next year to remove marijuana consumption and incidental possession from the Criminal Code, and create laws to more severely punish those who provide pot to minors, drive while under its influence or sell it outside the new framework.

The government intends to soon set up a task force with input from experts in public health, substance abuse and policing to design a new system of strict marijuana sales and distribution.

In the United States, Alaska, Colorado, Oregon, Washington and the District of Columbia permit recreational marijuana use by those 21 years or older.

Some 45 per cent of Colorado's marijuana sales involve edible forms such as food, drink or pills, according to the U.S. Centers for Disease Control and Prevention.

Two years ago a 19-year-old in Colorado ate an entire cookie containing 65 mg of THC — the principal psychoactive element in cannabis — even though the shop clerk advised him to divide the treat into six servings.

The boy didn't realize it takes time for a high to kick in when consuming pot in edible form, and he kept gobbling the cookie. That evening he jumped to his death from a fourth-floor balcony.

Overall, Colorado saw an increase in the number of marijuana-related poisonings, particularly accidental ingestion by children, in the first year of its new regime, the paper notes.

Justice Minister Jody Wilson-Raybould, one of the federal ministers responsible for guiding marijuana legalization in Canada, suggested it was too early to say what kinds of products might be sold.

The task force will make recommendations and the resulting regulatory framework will be "responsive to those issues," she said.

THE CANADIAN PRESS

CRIME

Alberta firefighter faces arson charges

A firefighter who battled the flames that destroyed a railway trestle bridge northwest of Edmonton last week has now been charged with setting the fire, as well as others in and around his community.

RCMP say Lawson Michael Schalm, 19, of Mayerthorpe faces 18 counts of arson following an investigation into a recent rash of fires, including the one on the CN bridge on April 26.

The chief of the town's fire department, Randy Schroeder, says Schalm is the son of a former mayor of Mayerthorpe and joined the department as a junior member when he was 15.

He became a full member when he turned 18.

Schalm is being held in custody and is scheduled to make his first court appearance on the arson allegations in Stony Plain Provincial Court on Wednesday.

Schroeder confirmed that Schalm was among the firefighters who fought last week's fire on the bridge.

"The entire department is shocked and in disbelief right now regarding the situation," Schroeder said on Sunday.

Police say no one was hurt in any of the suspicious fires, which began April 19.

THE CANADIAN PRESS

DATA

Return of the census

Call it the start of the government's biggest big data push.

Monday marks the start of mailings from Statistics Canada of census surveys, including the return of the mandatory, long-form questionnaire that was replaced with a voluntary survey five years ago.

Statistics Canada says more than 15 million households will receive census letters over eight days, along with reminders to either fill the form out by hand or online.

Every home will receive a short-form questionnaire. One in every four homes will receive the long-form census.

THE CANADIAN PRESS

POLITICS

P.E.I. braces for Duffy's return

Canadians could be forgiven for assuming P.E.I. residents are all feeling a sense of relief as Sen. Mike Duffy prepares to return to the Senate this week after a three-year hiatus punctuated by intrigue, scandal and, finally, vindication in a court of law.

But that's not the way things work on the Island, where there are lingering doubts about Duffy's connection to Canada's smallest province and his expense claims.

On the sun-drenched streets of Charlottetown, where the icy wind off the Northumberland Strait keeps the city in a deep freeze, residents say they understand why the former TV personality was cleared last month on all 31 charges of fraud, breach of trust and bribery.

Mike Duffy
THE CANADIAN PRESS

But that doesn't mean they're ready to accept what happened and move on.

"There really didn't seem to be any laws broken, and you can't be found guilty of something if there's no rules," said Charlottetown resident Scott MacBurnie, commenting on the Senate's vague spending rules and residency requirements that were at the heart of Duffy's trial.

"But it's embarrassing to think that he's a senator from P.E.I. and that he's still a senator. I'm embarrassed for the Island … You'd think he would be decent enough to say I'm not really a senator from P.E.I. because I don't live there, and he would step down rather than going back." THE CANADIAN PRESS

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Militants free 10 hostages

PHILIPPINES

Abu Sayyaf group releases kidnapped crewmen

Abu Sayyaf militants have freed 10 Indonesian crewmen who were seized at sea in March in the first of three attacks on tugboats that have sparked a regional maritime security alarm, officials said Sunday.

The Indonesians appeared to be in good health when they were dropped off Sunday afternoon in front of the house of Sulu province's governor in the town of Jolo, said the town's police chief, Junpikar Sitin. The 10 men were then brought to a Philippine military camp and arrangements were underway to turn them over to Indonesian officials.

A photo seen by The Associated Press shows the sunburned men in fresh shirts eating rice and chicken with Sulu's governor on a veranda beside a Japanese-style garden in his house. In another photo, some of the men are puffing cigarettes and enjoying coffee while resting on chairs.

Jolo's mayor, Hussin Amin, welcomed the release of the Indonesians, but said he did not know whether a ransom had been paid.

> If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf. Hussin Amin

"If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf," he said. "This money will be used to buy more firearms and will be utilized as mobilization funds by these criminals."

Indonesian President Joko "Jokowi" Widodo thanked the Philippines and the "many parties" in Indonesia who co-operated to secure the release of the hostages.

At a televised news conference at a presidential palace in the West Java province city of Bogor, Jokowi said the government was continuing to work for the release of four other Indonesians who were taken hostage by suspected Abu Sayyaf militants in a separate incident last month.

A Philippine army officer who has been helping to deal with kidnappings by the Abu Sayyaf said a rebel commander from the Moro National Liberation Front, which has signed a peace deal with the Philippine government, helped negotiate with the Abu Sayyaf for the release of the 10 Indonesians.

THE ASSOCIATED PRESS

Princess Charlotte turns one year old on Monday. AFP/GETTY IMAGES

ROYAL FAMILY

Happy birthday to a princess

New photographs of Britain's Princess Charlotte playing at her family's country home were released by the royal family on Sunday to mark the little girl's first birthday, which falls on May 2.

The photographs were taken by her mother, Catherine, Duchess of Cambridge, in April 2016 at Anmer Hall, the secluded house in Norfolk, eastern England, where the family spends much of its time.

In one of the photos, the princess is happily playing outside in the garden, while in another, she is staring off into the distance. In all the photos, the princess looks adorable with her hair parted to the side, donning a blue or pink bow.

AFP/GETTY IMAGES & METRO

VIOLENCE

Ceasefire returns calm to much of Syria

Syria's military extended a unilateral ceasefire around the capital for another 24 hours on Sunday, as relative calm set in across much of the country after days of heavy fighting concentrated in the northern city of Aleppo.

Aleppo, the country's largest city and a key battleground in the civil war, was not covered by the ceasefire but saw less fighting on Sunday. More than 250 people have died in shelling and airstrikes in the northern city over the last nine days, according to the Britain-based Syrian Observatory for Human Rights.

The government declared its own ceasefire around Damascus and the coastal Latakia region Friday following two weeks of escalating unrest. But more than three dozen rebel factions said Saturday they would not respect the truce unless the government agreed to extend it over the whole country.

Lt. Gen. Sergei Kuralenko told Russian news agencies at a Russian Air Force base in Syria that Moscow's forces were negotiating a ceasefire for the Aleppo province. THE ASSOCIATED PRESS

A Syrian family runs for cover amid the rubble of buildings after a reported air strike in Aleppo on Friday. AFP/GETTY IMAGES

IN BRIEF

Bombing hits Turkish police
A car bomb struck the entrance of a Turkish police station Sunday in the southern city of Gaziantep, killing two police officers and wounding 22 other people in a day marred by violence and May Day protests. THE ASSOCIATED PRESS

Death toll rises in Kenyan building collapse
Kenyan rescuers continued searching for survivors Sunday of a residential building in a low income area that collapsed Friday, as officials said the death toll has risen to 20 and 73 people remain missing. THE ASSOCIATED PRESS

Protests disperse after pair if Daesh attacks
Anti-government protesters disbanded at least temporarily Sunday from the heavily fortified Green Zone they had stormed a day earlier after Daesh carried out its second major attack in Iraq in as many days — a pair of car bombs that killed more than 30 people. THE ASSOCIATED PRESS

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Monday, May 2, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Dear Ellen,

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Anonymous

Dear Anonymous,

Strangely, this is not the first time I've been asked this exact question — which I mention only to assure both mothers-in-law and their would-be evaders on Facebook that they're not alone; and also, in case any suspicious mothers-in-law are reading this column, to make it more difficult for them to pinpoint which wretched son- or daughter-in-law doesn't want to friend them.

In terms of etiquette, it's perfectly acceptable to ignore or decline friend requests from strangers, unknown friends of friends, workplace acquaintances or neighbourhood stalkers. Nor should you have the slightest qualm about instantly deleting a friend request from a mother-in-law from whom your spouse is estranged.

But if she's in your life, and you want to be on good terms with her, and she's savvy enough to see through your bald-faced lies about not being on Facebook, or not receiving her requests, you have little choice but to accept.

I duly acknowledge the countless ways in which this could ruin Facebook for you: endless photos of food, animal hijinks, inspirational sayings, painfully outdated gifs or racist jokes, etc. A steady torrent of this kind of sludge can fatally clog up any timeline, but if it gets too bad, you can always use the little arrow at the top right corner of her latest post to "Unfollow" or "Hide all" from her.

If she then phones you directly to demand why you didn't like her photo captioned "Family garage at sunset," you may have to risk hurting her feelings with the truth: that you are secretly employed by a covert government agency fighting industrial espionage, and you can't risk exposing vulnerable family members on social media.

But, tell me, Anonymous, am I right in presuming your reluctance has as much to do with what's in your own timeline as with what's in your mother-in-law's? Because there are ways to hide those things. Unfortunately, I don't know them, partly because I'm ever-so-slightly older than 30, but mostly because the algorithm hasn't been invented yet for "Let certain people see some things but not the things that might embarrass them or me."

All I can recommend is that you book a day off work, make a big pot of coffee, or some other soothing beverage, and start rummaging around in Facebook's privacy settings.

You could also divide your friends into separate "Post to" groups, such that certain kinds of friends can see what others aren't allowed to. No, it won't be a short or easy chore, but you can't put a time-and-energy price on what your paranoia and OCD demands. So consider these categories:

- Most everybody except my mother-in-law
- Most everybody except those to whom photos of me in a bathing suit are off-limits
- Family and certain close friends who don't mind seeing photos of my pet/child/garden/dinner
- Exes and/or childhood bullies whom I want to trick into thinking that my life is a fabulous merry-go-round of parties, romantic escapades and career triumphs
- Potential employers to whom I want to appear professional, accomplished and sober

I have nothing against mothers-in-law and will happily adopt the role myself if necessary. And I heartily disapprove of dumb, misogynistic, sexist jokes about them. But the fact is, dear Anonymous, this particular breed of relative requires delicate handling, so it's best to just accept there's no easy answer, and no more Facebook freedom in your future.

The fact is, dear Anonymous, this particular breed of relative requires delicate handling

Need advice?
Email Ellen:
askellen@metronews.ca

ROSEMARY WESTWOOD

Ready or not, a new model of beauty standards is coming

Probably the most beautiful feed on Instagram is Lorde Inc.'s.

It features a steady stream of bare, untouched faces hued in the spectrum of humanity. Men and women and the gender-flouting. People who are completely non-uniform, save for defiant gazes. And defiantly non-white.

Lorde Inc. is a modelling agency, co-founded by Vancouver-born Toronto transplant Nafisha Kaptownwala, dedicated to people of colour. (It's named after Audre Lorde, the prominent black, lesbian, feminist poet.)

As far as Kaptownwala knows, it's the first of its kind in the world, and for two years it's been casting and promoting racial diversity in fashion, signing models that live outside the industry's strict preference for specifically proportioned white women and men. Some of its models are "too short" (one is five-foot-four), or "too tall," and while are all rarely seen on runways, or in mainstream magazines, some are taking notice.

Lorde Inc. models have worked for Adidas and graced the pages of Rookie, i-D and Dazed magazines. But despite some success in the U.K. (where Lorde Inc. was founded) and New York, Kaptownwala has found the mainstream Canadian market reluctant, at best.

When Kaptownwala first began to set up shop in Toronto late last year, she spoke with agents who told her "Canada is not ready for you."

"The Canadian fashion climate is BASIC, like basic, super basic," she said.

Naturally, she aims to change that.

She grew up in Vancouver, "in a mostly working-class, lower-middle-class neighbourhood," she told me when we met over the winter. Her best friends were in a crew of El Salvadorian, Hatian, Ethiopian, Filipina and Indian heritage.

"Everybody kind of came from the same experience of being second-generation, their parents being new migrants, and also kind of feeling estranged from this predominant white experience," she said.

But not till she got a job at an American Apparel in Vancouver's West End (her friends called it "White End") did she first feel exposed to racism. It gave her "this very real understanding of identity."

Lorde Inc. is one way she's seeking to re-establish the definition of beauty in our culture. "For me fashion is just an opportunity to create image, and put together ideas and visions that I like," she said.

Whether mainstream fashion magazines, Canadian companies or even luxury fashion houses are interested in those ideas and visions remains to be seen.

"We are providing models that are so different from what the industry is used to seeing," she said. "I don't really know if they're ready for us. I'm going to keep putting us out there."

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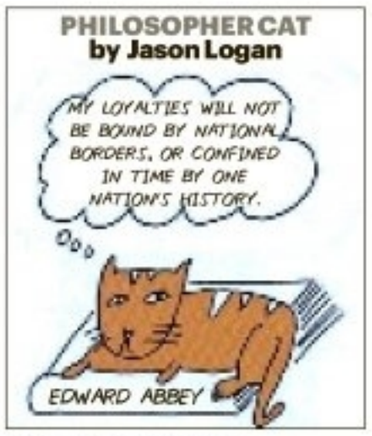

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metro LIFE

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British edition of Vogue to mark its 100th anniversary with rare portrait of Kate Middleton

Driving a bus changed his life

NEW BOOK

Craig Davidson pens memoir of year with special needs students

Craig Davidson's new memoir Precious Cargo shows redeeming moments happen when you least expect them.
J.P. MOCZULSKI FOR TORSTAR NEWS SERVICE

Craig Davidson was a punctual school bus driver. He swears he was.

Up at 5:30 a.m. sharp to give bus 3077 its daily physical — check the engine and gauges, flick lights, adjust mirrors, thump tires and test the wheelchair lift.

Then right on time to pick up his special needs students on Route 412 and drop them at their Calgary schools before the bell.

Not like today, when he's so late he almost misses our interview. But if there's anything to be learned from Precious Cargo, Davidson's new memoir about his year as a school bus driver, it's that redeeming moments come when you least expect them.

His late arrival coincides with a fellow "knight of the road" parking her yellow school bus right in front of our meeting place after dropping kids for a field trip. She's delighted to talk shop. And Davidson gets the perfect backdrop for pictures.

It's the kind of random, everyday connection the Toronto writer brings to life in Precious Cargo, things you can't plan that land like small gifts.

The book explores the special bond that forms between one struggling adult and five students with physical and developmental challenges as they drive around together twice a day, five days a week, from September to June.

The journey, it turns out, is not just the one on the road.

Davidson took the job out of desperation at a low point in his life. It was 2008, he was 32, broke and flailing as a fiction writer when he found a flyer in his mailbox.

He was assigned a small special needs bus for kids in middle school and high school. His charges included a 16-year-old boy in a wheelchair who had cerebral palsy and others with conditions like autism and Fragile X syndrome.

Things slowly changed as he met his responsibilities day after day, listened and became a friend to his young charges.

"I'd been useful," he writes after one typical afternoon on the job. "It had been a while since I'd felt vitally so."

Davidson never planned to write about the experience, though he did alert parents early on that he was a writer. No one asked to switch buses. Names and identifying characteristics were changed in Precious Cargo.

Soon he was so struck by the "elliptical, hilarious, ever-shifting" conversations he overheard that started scribbling them down on gum wrappers and blank pages ripped out of his paperbacks.

He and the kids chatted about the stuff of life. But like him, they also had a passion for superheroes, sci-fi and flights of fancy. They made up the most colossal stories.

"They were a safety blanket of sorts to the kids, and that's what they became to me too," he writes.

"I felt snug and happy within the parameters of their tales."

Jotting down those exchanges was "like catching fireflies." Davidson took home the pieces and taped them on his wall.

He wanted to capture the kids' spirit, and all the nuances, good and bad, of their funny, compassionate and sometimes mean-spirited episodes.

They are voices too seldom heard.

People often ask what the students taught him. But Davidson chafes at the question. He just wanted to tell a story.

"Asking those kids to teach me anything is kind of not fair," he says.

"I think that's the danger of writing about children with special needs. You think they've got to be instilling some sort of deep lessons and giving you a better way to live your life."

When he was that age, "I was just allowed to be a kid."

Initially, he considered them teens like any others. Now he thinks not acknowledging differences — whether a wheelchair, being non-verbal, or a another way of processing the world — amounts to romanticizing.

The question is "what does it ask of us to accept those differences? Nothing."

Those students are young adults now. Davidson keeps in touch with one of them. They all got manuscripts but who knows if they'll read the book.

Davidson, 40, now has a three-year-old son and a soaring career. His short story collection Rust and Bone was made into a film.

His novel Cataract City was shortlisted for the Scotiabank Giller Prize.

But his year on the school bus still looms large. His next book of stories includes one based on an event that happened on Route 412 — one that wasn't included in Precious Cargo.

TORSTAR NEWS SERVICE

YOU CAN DO THIS CIVIL ENGINEER

'There really are opportunities'

WHY I LIKE MY JOB

Lauren Lake, 24
Kitchener, Ont.
Co-Founder and Chief Revenue Officer, Bridgit

I didn't take a typical engineering job, but I still use a lot of my engineering skillset. Bridgit is a software company focused on the construction industry, so we interact with civil engineers or people from that background.

But then on the sales side, I approach it from a very mathematical point of view. It's been a lot of experimentation, figuring out exactly how to build the sales model.

One of the biggest things I've learned is to look for opportunity everywhere. When I was graduating school, this wouldn't be the most obvious career path — I'm focused on sales, and it's a start-up.

It's not a traditional engineering job, but it still uses my education in a lot of ways. To people who are graduating, I would say to look for opportunities no matter what path they're down, because there really are opportunities everywhere, and not just in one specific field.

THE BASICS: Civil Engineer

$82,000

Median wage of people working as civil engineers, according to George Brown College's Career Coach tool. The average entry-level salary for Civil Engineers is **$53,000**. Civil engineers who are company owners and directors may make as much as **$122,000.**

HOW TO START

Civil Engineering or Construction Engineering Technician diploma, or Bachelor of Civil Engineering or Engineering Science degree.

NEXT CAREER STEP

Several management options are open to civil engineers, and research-oriented types can consider a Master's or Ph.D.

WHERE YOU CAN GO

A background in Civil Engineering can lead to a variety of engineering careers, such as bridge building or hydraulics.

Data for this feature was provided by georgebrown.ca, Ontariocolleges.ca, Ryerson.a, uwo.ca, and servicecanada.gc.ca.

Malia Obama to take gap year in fall

TRANSITION

First daughter to take year off before heading to Harvard

President Barack Obama and daughter Malia make their way to board Air Force One last month. GETTY IMAGES

President Barack Obama's daughter Malia will take a year off after graduating high school in June before attending Harvard University in 2017.

"The president and Mrs. Obama announced today that their daughter Malia will attend Harvard University in the fall of 2017 as a member of the Class of 2021," said a short statement issued Sunday by first lady Michelle Obama's office. "Malia will take a gap year before beginning school."

Harvard College, where Malia would enrol, encourages admitted students to defer for one year to travel, pursue a special project or activity, work, or spend time in another meaningful way. The student must not enrol in a program at another college that would grant them a degree.

Malia, the eldest of the Obamas' two daughters, is a 17-year-old senior at Sidwell Friends, an exclusive private school in the District of Columbia that helped educate another first daughter, Chelsea Clinton, in the 1990s. Malia's younger sister, Sasha, 14, is a freshman at Sidwell. Malia is set to graduate high school in June. She turns 18 on the Fourth of July.

Obama has spoken publicly about dreading the day when Malia leaves for college, and the decision for Malia to take a gap year could keep her closer to home as her family prepares for another major transition next year, leaving the White House and returning to normal life. Obama plans to live in Washington for a few more years so Sasha can finish high school. He still owns a home in Chicago.

The first lady has said Malia wants to be a filmmaker. Malia spent last summer in New York City interning on the set of HBO's Girls, starring Lena Dunham. She spent the summer of 2014 in California working as a production assistant on Extant, a now-cancelled CBS sci-fi drama that starred Halle Berry. Malia has also had internships at the Smithsonian's National Zoo in Washington.

The president turned down an invitation to speak at Malia's Sidwell graduation because he will be too emotional.

"I'm going to be sitting there with dark glass, sobbing," he told Ellen DeGeneres during an appearance on her talk show.

Obama grew up without his father, who was born in Kenya and is now deceased, and has spoken of his desire to be there for his kids.

The bond between Obama and his children was readily apparent, as he often was seen holding hands with either daughter getting on or off the presidential aircraft or on the family's walks through Lafayette Park to attend services at St. John's Episcopal Church.

THE ASSOCIATED PRESS

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APOTEX
ADVANCING GENERICS

It's time to act on mental health

CMHA CAMPAIGN

Association wants to turn awareness into action

Jason Menard

This year marks the 65th anniversary of Canadian Mental Health Week. But instead of considering retirement, the week is more relevant than it ever has been — and this year's focus on the senior age group is reflective of the growing need for awareness and understanding.

"In the early days, Canadian Mental Health Week focused on serious and persistent mental illness," explained Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "We're broadening the perspective of the continuum of mental health. This is why we chose seniors as the main theme for this year's campaign. If you are a senior with mental health issues, it's much harder to deal with them. They have internalized stigma about mental illness and they have to deal with their peers and their own attitudes and behaviours."

1 in 5

One in five Canadians has some form of mental illness.

One in five Canadians has some form of mental illness, Dr. Smith explained. And while that number is dramatic in its own right, the prevalence is even greater within the senior community.

"If the ratio is one in five amongst Canadians as a whole, with seniors it's one in four. But they're less likely to come forward and discuss this with their general practitioner or their friends because of that internalized stigma," Dr. Smith explained. "They have more of the natural triggers and stressors — they're at the age where they're experiencing loss, such as the loss of loved ones; and they have existential issues, like dealing with retirement and their own mortality."

Seniors are more likely to struggle with mental illness due to internalized stigma. ISTOCK

Canadian Mental Health Week runs from May 2 through May 8 and features events and activities across hundreds of communities, including art shows, film screenings, seminars, and awareness walks designed to provide Canadians with information, resources, and tools to stay mentally and physically healthy all year.

Not only does this year mark the 65th anniversary of Canadian Mental Health Week, but 2018 sees the 100th anniversary of the Canadian Mental Health Association. The goal is to put awareness into action.

"As the World Health Organization says, without mental health there is no health. We're working towards a full year where we're focusing on raining awareness of diagnosed mental illness," he said. "Our goal is to move this from talking about it to acting upon it. That's why the theme is 'Get Loud.' We want to see workplaces embrace it. Our goal is to have practical tools being used. A growing number of organizations are proactively getting loud about mental health. You're going to see venues like the CN Tower and Niagara Falls turning green in support of Mental Health Week.

"The focus is on practical solutions. Canada is one of the lowest when it comes to our proportion of health care funding going towards mental illness amongst G8 nations. We would never have a society that's happy with hospital wait times being amongst the lowest in the G8, so we shouldn't be satisfied with our mental health performance. If we're talking one in five people, then everyone's affected. We have to make practical changes."

For more information on Canadian Mental Health Week, visit mentalhealthweek.cmha.ca.

CMHA'S 65TH ANNUAL MENTAL HEALTH WEEK | MAY 2-8, 2016
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MIND YOUR MIND

Youth lead in sharing and caring

Youth are leading the way in regards to changing attitudes towards and acceptance of mental health issues amongst their own demographic. And while there is still much that can be done to support youth with mental health issues, there's a strong foundation of support created by the community itself.

"Youth often reach out to each other and learn from peers who have gone through similar situations," explained Melissa Taylor-Gates, program manager at mindyourmind.ca. "They work together and build solutions together — it very much speaks to the resiliency of youth."

Mindyourmind is a non-profit mental health program encouraging youth, emerging adults, and the professionals who serve them to co-develop reliable and relevant resources, with the goals of reducing the stigma associated with mental illness and increasing access and use of community support mechanisms.

It's all part of an attitudinal shift that sees Canada's youth leading the way in acceptance, understanding, and support of mental health issues.

"It's almost like gay rights — if you go to a high school today, they'll say, 'What's the big deal?' But if you went to a high school in my grandparents' day it was a big deal," added Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "Today's generation are growing up with much more awareness. There are special programs in schools to help deal with this."

Young Canadians are at the forefront of a shift in attitudes towards mental health. ISTOCK

Taylor-Gates pointed to youth supports in schools like quiet rooms, animal therapy, and other techniques to help students address mental health issues. However, these are not uniform and she added there's a need for increased funding and staffing of these efforts.

"In post-secondary, you can go to get mental health support during a particularly stressful semester, only to find out that you're on a one-month waiting list," she explained. "By then your semester may be over, or how do you know you'll still need support then?

This can be compounded by youth slipping through the cracks as they transition from youth services to adulthood. "A lot of people get dropped or they're not ready for the transition," she added. "The system is not working for them in the way they need. And there are often financial barriers that prevent people from getting support."

For youth looking for support, Taylor-Gates said mindyourmind is a great place to start, also referencing services like Kids Help Phone, which provides 24/7 support for youth through to young adulthood.

"We have a whole section about getting help — how to seek help, who to speak with, how to get ready for an appointment because that can be stressful if it's your first time," she said, adding that mindyourmind has a mobile app called Be Safe, which is currently supported in Ontario but will soon be extended out of province.

For more information, visit mindyourmind.ca. JASON MENARD

First time at camp a positive stress for kids

Last September, your baby started school and now that summer is approaching, he or she will begin day camp for the first time and will, again, have to adjust.

While you may be a bit worried, one of Canada's leading non-punitive parenting and education experts says the stress of being a first-time day camper isn't necessarily a bad thing.

"Children are very resilient," says Judy Arnall, author of Parenting With Patience. "Encountering something new like day camp brings positive stress for a child. They are anxious, but once they have gone and made friends, they have accomplished something and are glad they did it."

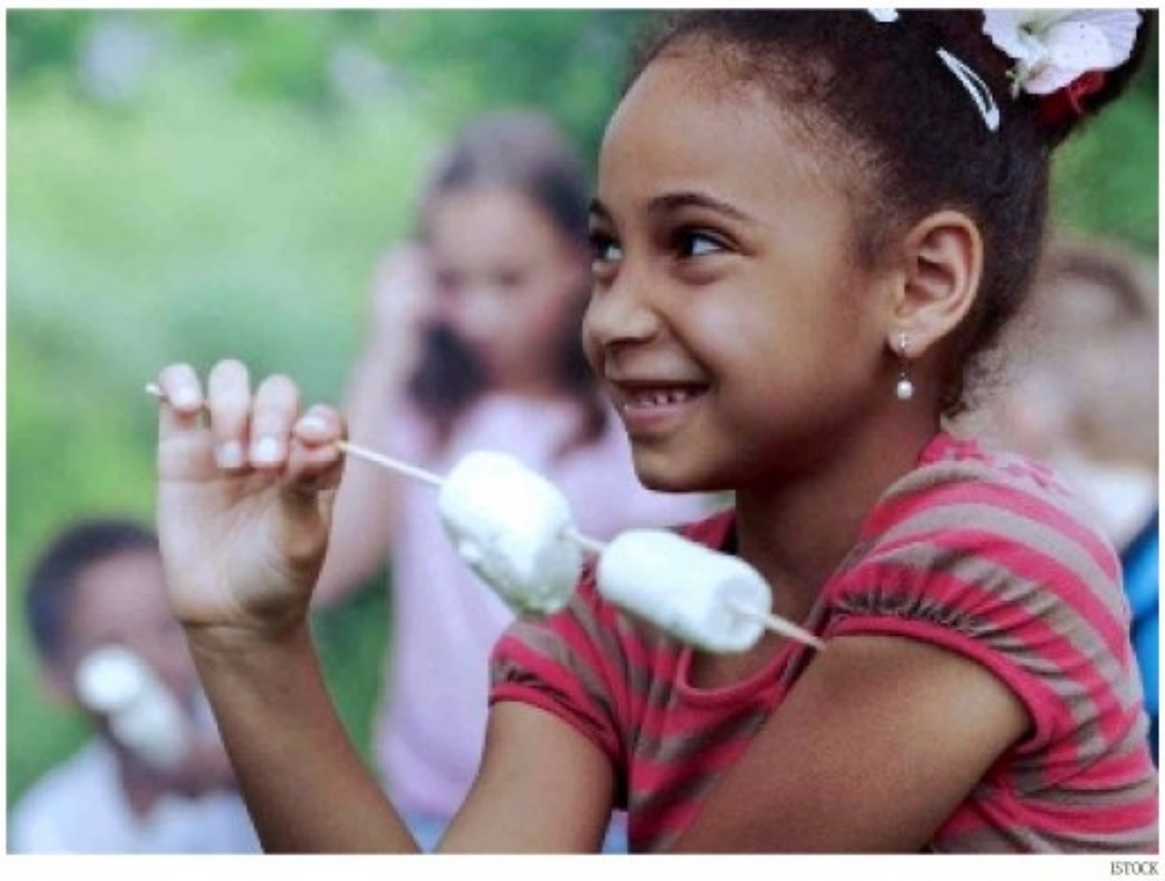
While Arnall says the anxiety isn't dangerous, she does recommend that parents not gloss over it.

Rather, she says, offer your child some useful tips for overcoming the feeling such as deep breathing and thinking positively about new adventures and friends. She also says preparing your child by explaining the day camp structure will help to ease worries.

"The more prepared children are on what to expect, the better the experience," she says. "They want to know what to bring, wear and eat. If the parents can set up a chance to visit before the actual camp date, this will help alleviate fears."

Once your child actually starts camp, Arnall says to be aware that he or she may experience some initial separation anxiety. Because each child is different it is difficult to pinpoint how long that may last but she says not to give up on the idea of day camp too quickly.

"Parents can listen and acknowledge how the child feels, but may still wish to keep them enrolled," she says. "Brainstorm some coping strategies with the child. If the child has given it a couple days and really, really hates it, let them quit. But if you, as the parent, think that they will adjust, and they have in the past, then encourage the child to keep going."



ISTOCK

Another way to ensure your child's transition to day camp is a smooth one, says Arnall, is to avoid asking the minute details of what happened at camp and trust your parenting instincts.

"Parents will notice if the child had a good time or not if they are looking forward to the next day," she says. "You could ask the best and worst moment of the day and get an idea of how it is going."

A shared understanding at camp for kids with diabetes

Summer camps are a fantastic way for any child to grow and develop as a person, enjoy activities and make new friends during the warmer months.

The Canadian Diabetes Association (CDA) is fully aware of this and holds 12 camps (D-Camps) across Canada specifically tailored to kids living with type 1 diabetes.

"Children attending camp have the opportunity to meet others who share a personal understanding of the challenges of living with diabetes in a medically supervised setting," says Christina Bonner, manager of Camp Huronda, for CDA.

"For some children, camp is also the first time they learn to administer their own insulin — a milestone in the life of a child living with diabetes."

Being diagnosed can often make a child feel different to their peers while having to deal with their new treatment schedule and skills. At camp your child gets a break from being different.

They find solace in the fact that everyone else in camp is the same as them and this shared understanding usually forges strong, long-lasting friendships between campers while the memorable experience washes over them.

"Camp Huronda is a place where you know everyone is the same as you. You're not different than anyone else," says Huronda camper Hannah Stacey, aged 16. "There's always someone you can trust and there's always someone there for you. I enjoy swimming in the waterfront and the high ropes course. The staff are amazing and are always there to help you in any way, shape or form."

CONTRIBUTED

For more information and to register for the CDA's D-Camps, visit dcamps.ca.

SPORTS

At 120th overall, the New Orleans Saints made Manitoba Bison David Onyemata the lone Canadian to go in the NFL draft over the weekend

A lot more to rebuild than No. 1 pick, Shanahan says

MAPLE LEAFS

Using top draft choice just part of brass's busy summer

Winning the first pick in the NHL lottery is one thing, fixing what's wrong with the Maple Leafs is quite another.

Those that bleed blue and white may walk a little taller knowing a cornerstone centre in Auston Matthews could be on his way if his name is announced at the podium on June 24.

But the work of preparing for next season continues, and getting the team out of the basement is management's top priority.

"Getting the opportunity to draft first has not changed any of the thought process as far as how we get better," said Leafs GM Lou Lamoriello. "There are no shortcuts."

Lamoriello took in Marlies practice on Sunday and seemed happy to talk about anything or anyone other than Matthews, guiding his answers so as not to tip his hat to the team's draft plans.

"There's no question he's an outstanding player, but there are a lot of outstanding players in this draft," said Lamoriello.

Certainly there is much to like about the direction of the Maple Leafs. Their most promising young players are competing with the Toronto Marlies in the AHL's Calder Cup playoffs.

When called up to the Leafs toward the end of last season, the likes of William Nylander and Connor Brown showed they had NHL potential. Adding a player like Matthews would only intensify the competition for employment.

"We were pleased with how we played and what we see coming down the pipe," team president Brendan Shanahan said Saturday night. "That being said, we still know and recognize that it was the end of Year 1 ... there's a long way to go."

Indeed, there is far more to this rebuild than one 18-year-old hockey player:

• The Leafs have 11 other draft selections after the first overall.

• The ability to sign European free agents began May 1, with the Leafs having their sights set on Russian defenceman Nikita Zaitsev.

• The Leafs also are in the market for a goaltender and may offer one of their young, promising wingers in return.

• The Leafs are also in the enviable position of having about $25 million (U.S.) of cap space with only a handful of significant restricted free agents to worry about, including Connor Carrick, Martin Marincin and Frank Corrado.

"I don't think there's any one individual thing we cannot look at or think about," said Lamoriello. "We'll be active on every front, no matter what it might be, whether it's free agents, whether it's trading.

"Whatever way you can get better you have to get better, no matter what means it is."

TORSTAR NEWS SERVICE

Auston Matthews played professionally this past season, scoring 22 goals and 46 points in 36 games in the Switzerland. FRESHFOCUS VIA ZUMA PRESS

I thought it was just a tremendous result for our organization and more important for the fans, who have been so patient throughout this year.

GM Lou Lamoriello

MLB

Jays win series in Tampa

Marcus Stroman allowed one run in eight innings on his 25th birthday, Troy Tulowitzki hit a three-run homer during a four-run ninth and the Toronto Blue Jays beat the Tampa Bay Rays 5-1 on Sunday.

The Blue Jays took two of three to win just their fourth series in their last 27 trips to Tropicana Field.

Stroman (4-0) scattered three hits, walked two and struck out nine. The Blue Jays' opening day starter is 8-0 in 10 starts since returning from knee surgery last year.

SUNDAY In Tampa

BLUE JAYS	RAYS
5	1

Pinch hitter Darwin Barney doubled and Michael Saunders walked to open the ninth against Xavier Cedeno (2-1). Alex Colome entered and walked Josh Donaldson before striking out Jose Bautista.

After Edwin Encarnacion hit a tiebreaking RBI grounder, Tulowitzki made it 5-1 on his fifth homer.

Tulowitzki had been hitless in his previous 10 at-bats in the series.

Donaldson's ninth homer with one out in the fourth was the Blue Jays' first hit and put Toronto up 1-0.

THE ASSOCIATED PRESS

NHL PLAYOFFS

Blues captain steers team to OT triumph

Blues captain David Backes scored off a rebound during a power play 10:58 into overtime and St. Louis beat the Dallas Stars 4-3 in Game 2 on Sunday to get even in the second-round series.

St. Louis was on its second power play of overtime after Antoine Roussel was called for interference.

Vladimir Tarasenko took a slap shot that defenceman Alex Goligoski blocked. But the Blues kept charging and Backes scored on the rebound of Alexander Steen's shot.

GAME 2 In Dallas

BLUES	STARS
4	3

The series matching the Western Conference's top two teams switches to St. Louis for Game 3 on Tuesday night.

THE ASSOCIATED PRESS

NBA IN BRIEF

Warriors open with win over Blazers thanks to Thompson

Klay Thompson scored 37 points in another brilliant performance as fellow "Splash Brother" Stephen Curry watched injured, and the Golden State Warriors beat the Portland Trail Blazers 118-106 Sunday in the opener of the Western Conference semifinals.

Draymond Green had his second career post-season triple-double with 23 points, 13 rebounds and 11 assists for the defending champions.

THE ASSOCIATED PRESS

Curry's chances of playing in Game 2 are 'pretty slim'

Stephen Curry has resumed light shooting without movement on his injured right knee with the hopes he can get into scrimmages by later next week, perhaps in time to be ready for Game 3 of the Golden State Warriors' Western Conference semifinals at Portland.

Coach Steve Kerr said before Game 1 that it's "pretty slim" chances the reigning MVP would be ready for Game 2 Tuesday at Oracle Arena. THE ASSOCIATED PRESS

NBA PLAYOFFS

Buzz kill: Heat move past Hornets

Goran Dragic GETTY IMAGES

Goran Dragic scored 25 points, Gerald Green added 16 and the Miami Heat emphatically ended Charlotte's season Sunday, beating the Hornets 106-73 in Game 7 of their Eastern Conference first-round series.

Hassan Whiteside added 10 points, 12 rebounds and five blocks in the clincher for the Heat, who have won their last four Game 7s — each of the previous three coming along the way to winning NBA championships. THE ASSOCIATED PRESS

Leicester inch closer to trophy

PREMIER LEAGUE

But draw with United leaves door cracked open for Spurs

One chance gone for Leicester in its attempt to clinch a first English league title.

Over to you, Tottenham.

Needing three points to pull off the ultimate underdog success story in sports, Leicester only managed to pick up one from a 1-1 draw at Manchester United in the Premier League on Sunday at Old Trafford.

Leicester still has two games left — against Everton at home next weekend and Chelsea away on the final day — to collect the required two points. It might not even go that far, as second-place Spurs have to beat Chelsea on Monday to keep the title race alive.

"I'd like to watch the (Chelsea-Spurs) match," said Claudio Ranieri, Leicester's Italian manager, "but I'm on a flight back from Italy so I might not know the result until I land."

Leicester's N'Golo Kante evades United's Juan Mata on Sunday. GETTY IMAGES

Spurs can at least prepare for the game at Stamford Bridge knowing they are guaranteed a top-four spot and therefore a spot in next season's Champions League.

The same can't be said for either of the Manchester clubs.

While United stayed in fifth place, Man City dropped to fourth by losing 4-2 at Southampton as manager Manuel Pellegrini's risk in playing a weakened team backfired.

Key players like Sergio Aguero, Kevin de Bruyne and Vincent Kompany were among those rested ahead of the second leg of the Champions League semifinal against Real Madrid on Wednesday, and it showed. Sadio Mane scored a hat trick for seventh-place Southampton, while Kelechi Iheanacho scored two for City.

In the tight race for the final two Champions League spots, Arsenal is third — three points ahead of City and seven points ahead of United which has a game in hand. West Ham is a point further back in sixth.

In the other game Sunday, Swansea guaranteed Premier League football for another season by beating Liverpool 3-1, with Andre Ayew scoring two of the goals.

THE ASSOCIATED PRESS

MLS TORONTO FC TOPPLED IN OREGON Timbers forward Fanendo Adi heads away a corner kick during the second half of Sunday's game against Toronto FC in Portland. TFC's Will Johnson evened the game in the 40th minute after Adi's opener in the 17th, but Diego Valeri scored on a free kick in the 74th to give the Timbers a 2-1 victory. The match capped an eight-game trip to open the season while BMO Field is renovated. The Reds went 3-3-2 over that span. STEVE DYKES/THE ASSOCIATED PRESS

IN BRIEF

Villarreal secure top 4 spot

Villarreal warmed up for its decisive Europa League semifinal at Liverpool by clinching a berth in Europe's top competition on Sunday.

Villarreal's comfortable 2-0 win at regional rival Valencia guaranteed it will finish in fourth place in the Spanish league, giving the club a Champions League spot.

THE ASSOCIATED PRESS

Jones wins Champions Cup by topping Homan

Jennifer Jones led from the opening end Sunday, beating Rachel Homan 7-5 in the women's final at the Champions Cup Grand Slam of Curling event in Sherwood Park, Alta.

Reid Carruthers looked to make it a Winnipeg sweep when he faced Toronto's John Epping in the men's final later Sunday.

THE CANADIAN PRESS

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RECIPE Zucchini Noodles with Sesame Almond Sauce

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can make "zoodles" with a fancy spiralizer but if you don't have one, no worries. Grab a vegetable peeler and make ribbons from your zucchini instead.

Ready in
Prep time: 15 minutes
Total time: 20 minutes

Ingredients
- ½ cup smooth almond or peanut butter
- 3 Tbsp soy sauce
- 1 Tbsp sugar
- 1 tsp sesame oil
- 1 Tbsp lime juice
- 2 Tbsps water
- salt and pepper to taste
- ¼ cup almonds or peanuts, chopped fine
- 1 Tbsp vegetable oil
- 3 small zucchinis, spiralized or ribboned
- ½ cup green onions, thinly sliced
- ¼ cup cilantro, chopped

Directions

1. Whisk together the nut butter, soy sauce, sugar, sesame oil, lime juice and water until everything is well combined. Taste before adding salt and pepper. Stir in nuts.

2. In a large pan, warm up the vegetable oil. Add the zucchini noodles and toss around over the heat for a minute or two. You're just warming them up and softening them ever so slightly. Turn off the heat and pour your sauce over top. Toss until all the noodles are coated.

3. Serve in bowls and top with green onions and cilantro.

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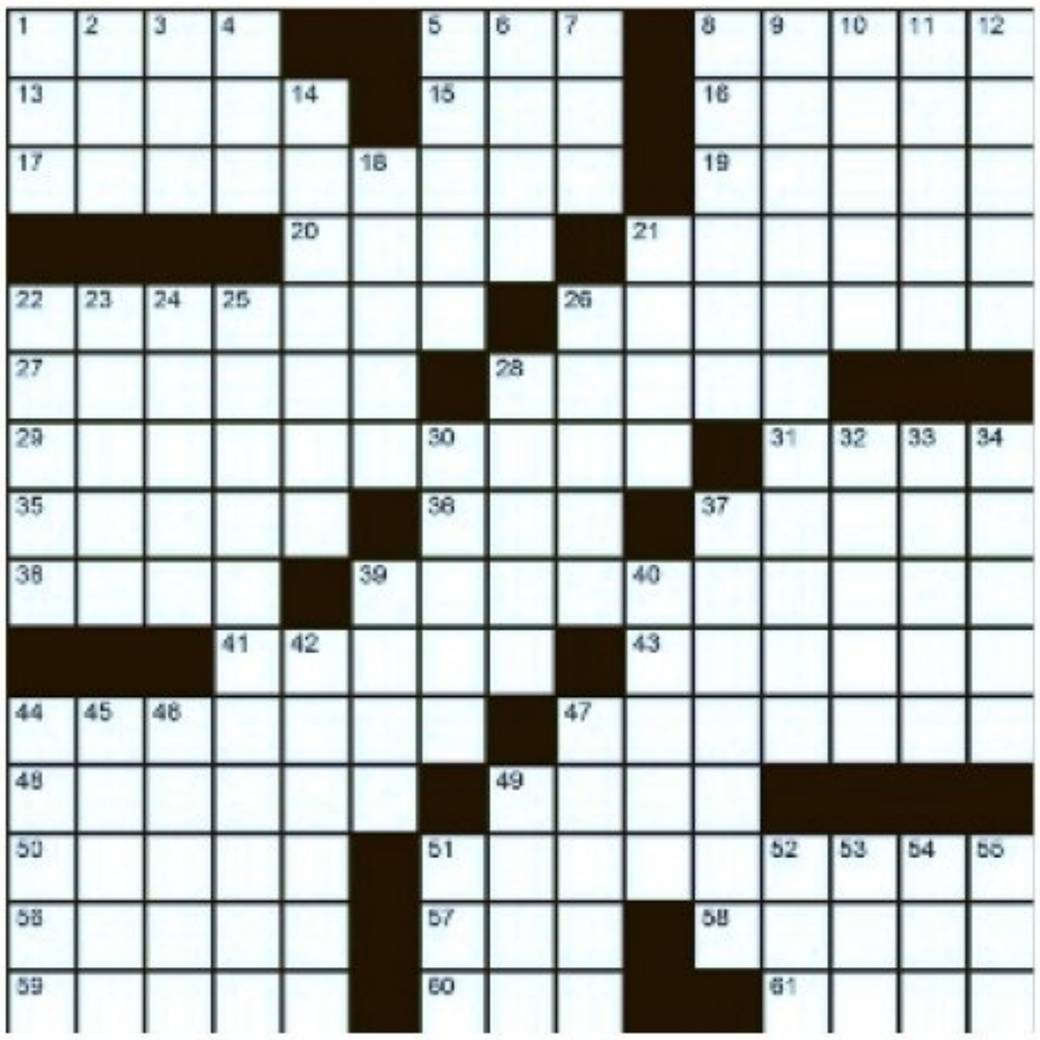
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Nile wader
5. Mila Kunis' hubby ...his initials-sharers
8. Helps the wrongdoer
13. Lifeboat lowering crane
15. Mr. Bachman
16. Space: Major and Minor
17. Niche market offering
19. Gambles
20. Singer, Jason __
21. People/organizations
22. California newspaper, commonly: 2 wds.
26. "Quentin __ M.P." (Vintage CBC show starring Gordon Pinsent)
27. Mythical handsome guy
28. Mythical season goddesses
29. 2016's theme, as per #37-Down... Manus x Machina: Fashion in an Age of __
31. Sci-Fi speed
35. Songwriter Ms. DioGuardi's
36. Sundial number
37. Tyler Perry character
38. "Superman" (1948) star Kirk
39. Bride's aisle decorations: 2 wds.
41. Faze
43. Listed, say
44. Dental complaint
47. Ungrateful one
48. Persists
49. Gull-like bird
50. Seaport of Israel
51. Movie ticket purchaser's request: 2 wds.
56. Upward
57. Blueberry dessert
58. Detest
59. Strained
60. "Vasoline" gr.
61. Folk tale character Ali

DOWN
1. Egos and __
2. Bread roll variety
3. 'Impress' suffix
4. As written
5. Sky's supporter
6. Edmonton Oilers owner Daryl
7. Fox's characteristic
8. Member of Canadian superheroes team Alpha Flight aka Jeanne-Marie Beaubier
9. Town in Nova Scotia that sounds like a Simon & Garfunkel tune
10. Mother in Eugene O'Neill's play Ah, Wilderness!
11. Reserved
12. Snake's snarls
14. Shania Twain's hometown in northern Ontario
18. "You __ Beautiful" by Joe Cocker
21. Entomb
22. Mechanic on "Taxi"
23. "Let's Make __"
24. "I'm not going __ __." (This is happy news, so I'll smile instead)
25. How a suspect is escorted to the police car: 2 wds.
26. Stray calf, variantly
28. Raise
30. CFL-ers in BC
32. "Battlestar Galactica" commander
33. Rent again
34. __ __ deux (Duet's dance)
37. Celebrity costume-inspired fashion event in New York City each Spring: 2 wds.
39. Mr. Tamblyn of "West Side Story" (1961)
40. Betty Grable, famously
42. Get the drink to fizz
44. Nirvana-attaining Buddhist
45. Bluesy street in Memphis, Tennessee
46. Offshoot
47. Michael McDonald's "__ Forgettin' (Every Time You're Near)"
49. Vexed state
51. Photo __ (PR events)
52. Reflux
53. "Hunting High and Low" '80s band
54. Bawl
55. Baseball pitcher's stat.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Doubts you have this morning will fade away by the afternoon when you see how something actually can be done. Whew!

Taurus April 21 - May 21
This morning you don't have the funds or the support from others that you need. Then later in the day, voila! Your solution appears!

Gemini May 22 - June 21
Don't be discouraged if authority figures rain on your parade this morning. Later, you will find a way to do things anyway. (Count on this.)

Cancer June 22 - July 23
Avoid important discussions with partners, parents and bosses this morning. Their response will be, "Talk to the hand." Later in the day, though, things are much better.

Leo July 24 - Aug. 23
You might be disappointed by your share of something this morning. Things might look bleak. Fear not, because later in the day, you see how to improve matters.

Virgo Aug. 24 - Sept. 23
Dealings with others won't be easy this morning. Avoid domestic arguments, especially with older relatives. (Fortunately, this day improves as it wears on.)

Libra Sept. 24 - Oct. 23
This morning is a poor time to talk to bosses or to ask for permission at work. However, if you wait until the afternoon, you might get your way. Timing is everything.

Scorpio Oct. 24 - Nov. 22
Children will be an increased responsibility this morning. Just suck it up, because it's a fact that burdens and responsibilities are part of this picture. Later in the day, life is easier.

Sagittarius Nov. 23 - Dec. 21
Avoid important discussions with family members this morning, especially females. People are grouchy. However, you will see ways to make home improvements later in the day.

Capricorn Dec. 22 - Jan. 20
Don't listen to your worries this morning. Things are not as bad as they seem. In fact, by the afternoon, you will see ways to improve many things around you.

Aquarius Jan. 21 - Feb. 19
You might feel broke this morning. (Join the club; we number in the millions.) Late in the day, you will see new ways to make money or new uses for something you already own.

Pisces Feb. 20 - March 20
Discussions with authority figures first thing this morning are a bad idea. Avoid parents, bosses and teachers if you can. Later, a powerful friend might help you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	9		4		2	6		1
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3				6				8
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5	7	9	3	4	1	8	6	2
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7	3	4	1	2	9	6	5	8
8	2	1	6	5	3	4	7	9
6	9	5	8	7	4	3	2	1
2	5	7	4	3	8	1	9	6
9	4	6	2	1	7	5	8	3
3	1	8	5	9	6	2	4	7

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